

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

THE VIGILEER

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Aviano Air Base, Italy

Good to know

Brig. Gen. Mike Worden will host a townhall meeting for the spouses of deployed personnel at 6:30 p.m. Wednesday at La Bella Vista Club.

Surety Tidbits - 23 Days until U.S. Air Forces in Europe Inspector General Surety Inspections

What is the two-person concept?

Why is it important?: The two-person concept is designed to prohibit access by an individual to restricted areas and certain designated components, by requiring the presence of at least two authorized persons at all times, each capable of detecting incorrect acts of unauthorized procedures with respect to the task being performed.

How does the Personnel Reliability Program ensure surety?: PRP is a program designed to ensure personnel involved in certain operations meet the highest standards of reliability. Certifying Officials must initiate permanent decertification action on members who are diagnosed as alcohol dependent, have in-service drug abuse, or who are being separated for cause.

The 31st Fighter Wing has experienced four DUIs in the past 4 weeks. Because of these DUIs, the wing is in RESCON Charlie. The following measures are in force:

- Any local establishment whose primary business is serving alcohol and is determined to be a contributor to the DUI incident will be placed off limits.

- Causer of MVA/I, or supervisor will prepare a MISHAP report and brief the incident at next LCRC, commander's call, and to group commander.

- Squadron commander, deputy, will brief traffic safety weekly.

- Squadron/flight recall after each DUI on weekend day after a DUI; squadron/flight telephone recall for causal MVA/Is.

- Alcohol consumption at all unit locations is prohibited; on-base alcohol purchases are restricted.

- Several speed traps and checkpoints will be in force.

These measures are valid until a change in RESCON.



Senior Airman Priscilla Robinson

I scream, you scream

Kyle and Todd Walker make sure the ice cream machine works properly during the Christmas Feast at the Buon Appetito Dining Facility here, Christmas Day. In addition to ice cream, the Buon Appetito also served a traditional Christmas meal complete with turkey, ham and all the fixings.

Anthrax vaccination program halted

By 2nd Lt. Lea Ann Chambers
31st Fighter Wing Public Affairs

The department of defense is currently reviewing a preliminary injunction recently granted by the U.S. District Court for the District of Columbia regarding the department's anthrax vaccination program.

The Department will stop giving anthrax vaccinations until the legal situation is clarified said a Department of Defense

release Dec. 23. The 31st Medical Group here will also cease giving the vaccination.

"We will no longer administer the vaccine until the Department of Defense, Department of Health and Human Services, and the district courts have reviewed the legal position and made a decision," said Maj. Kimberly Pietszak, chief of medical staff for the 31st Medical Group.

See Anthrax, page 3

Anthrax, from page 1

Six anonymous men and women are suing the Secretaries of Defense and Health and Human Services and the Commissioner of Food and Drugs in the U.S. District Court for the District of Columbia. The six people allege anthrax vaccine is an investigational new drug according to Title 10 United States Code section 1107, necessitating informed consent before vaccination. The FDA responded that because the approved label is nonspecific as to type of exposure to anthrax spores, it includes inhalation exposure; consequently, informed consent is not required.

"The anthrax vaccine has been used, uninterrupted, since 1970 on veterinarians and researchers who routinely come in contact with the virus," said Major Pietszak. "The FDA has stated that it does not consider anthrax vaccine to be an investigational drug.

More than 1 million service members were vaccinated since the beginning of the program in March 1998. In June 2002 the program was re-initiated after it slowed down because of a period of constrained supply. More than 600,000 service members were then vaccinated.

Reactions to the anthrax vaccine are consistent with other vaccines.

Major Pietszak emphasized that those Aviano members who have started the vaccination series, and will now not be able to finish it, should not worry, "People who have already started should know no harm will come to them from stopping the series. Stopping the series is like halting on a staircase. The immune system has a memory, so it will still be able to produce the necessary antibodies," she said.

The records of those who started the anthrax vaccine series will reflect their current stage in the series. "We will

continue to track members who need to complete the series and ensure that they are up to date with their immunization schedule," said Major Pietszak. "Our immunization tracking systems have already been updated to note the stoppage of the anthrax vaccine immunization program. And we will continue to deploy members and they will continue to accomplish their missions just as they have always done."

The Department of Defense has not changed planned deployment schedules. Service members not inoculated for anthrax will be treated with antibiotics should there be suspicion of contamination while deployed.

For more information about the anthrax vaccine immunization program members can visit the AVIP Web site at www.anthrax.mil or call the 31st MDG at Ext. 5000.

16th Air Force takes ride through history

By Mr. Bill Butler

16th Air Force historian

As part of an ambitious training program for the headquarters staff, 34 members of 16th Air Force recently took a page from the Army by deepening their knowledge of military history with a staff ride to several local sites connected to the Italian front in World War I.

Through several preparatory seminars and readings leading up to a Dec. 11 tour of battlefields and other historical sites, the staff studied the intense fighting in northern Italy during 1918 to better understand the dynamics of air and ground combat, as well as the decisions and sacrifices that can mean the difference between victory and defeat.

The staff ride participants visited several locations along the Piave River that were key to the outcome in Italy during the last year of the war. They also visited the WWI Museum in Vittorio Veneto, a British war cemetery in Giavera, and the large Italian war memorial on the Montello near Nervesa della Battaglia.

The group made a special stop at a local airfield to view working replicas of the Wright Brothers' 1903 Flyer and other historic aircraft. In addition, they learned about Maj. Francesco Baracca, Italy's "ace of aces" during WWI, who recorded 34 aerial combat victories—8 more than America's leading ace of the war, Capt. Eddie Rickenbacker.

Local museum coordinator Dr. Carlotta Candiani and WWI expert Giovanni Gallegari served as guides for the nine-hour tour.

"The staff ride concept is one way we're trying to prepare ourselves to lead or support a future air campaign," said Maj. Parrish Galloway, 16th Air Force directorate of operations and intelligence, who helped organize the trip. "By seeing war from the perspective of the people who fought it, you're training yourself to think and respond like a warrior in a similar environment."



courtesy photo

Local World War I expert Giovanni Gallegari (center), talks to participants in the Dec. 11 Headquarters 16th Air Force staff ride as they tour a British war cemetery in Giavera.

In October, 16th Air Force adopted a formal plan to train and certify all 100 headquarters staff members for the staff roles they would adopt during a contingency response. The plan includes baseline "initial qualification training" for all staff, job-specific "mission qualification training," and annual "continuation training" that includes exercises and formal and informal courses in airpower doctrine, military planning and the political-military situations of countries of interest.

"A staff ride helps us broaden our practical experience of being involved in operations like Iraqi Freedom by drawing on historical experience," Major Galloway said. "It's also a great way to build even better camaraderie among the people here."



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The public affairs staff reserves the right to edit all material in accordance with the Associated Press Stylebook.

U.S. Air Force team makes journey to Iran

By Capt. Nicholas J. Sabula
31st Fighter Wing Public Affairs

KERMAN INTERNATIONAL AIRPORT, Iran — A four-man Air Force team made history here Dec. 28 in support of an international humanitarian relief effort to Iran following a devastating earthquake in the city of Bam.

The team, transported by a U.S. C-130, consisted of a logistics mission commander, communications specialist, linguist and public affairs officer deployed to Iran to coordinate the arrivals of U.S. military aircraft carrying humanitarian relief supplies and the distribution of the cargo to Bam. The operation represents the first time in over a dozen years American military airplanes have landed in the country in an official capacity.

"The whole operation has gone very smoothly, given the scope of the operation," said Col. Bret Klassen, Combined Air Operations Center director of logistics and mission commander who coordinated the logistical movement of humanitarian relief supplies arriving in Iran with the United Nations Disaster Assessment and Coordination team, and other relief agencies. "We overwhelmed the international airport and its handling capacity."

Through the three-day mission, 11 U.S. Air Force aircraft brought more than 300,000 pounds of relief supplies, as well as a 60-member U.S. Federal Emergency Management Agency medical support team, a dog rescue team from Fairfax Va., and their vehicles to the small Iranian airport. In addition to the blankets, food and medical supplies delivered to the

Iranian people, the Air Force brought the message of hope.

"These crews are now a part of our history," said Brig. Gen. Bradley Baker, director of mobility forces, Combined Air Operations Center in Qatar, who had overall responsibility for the planning and execution of the Iranian relief operation. "They are among the first to enter the country of Iran since 1979, and they magnificently represented all Americans," said the Missouri native.

On the ground, the team met hundreds of Iranians. Dozens of people rushed up to the Americans requesting to have their photos or video taken with the team. The Iranian people reacted to Air Force servicemembers with smiles and even cheers as they walked through the crowded Iranian airport.

"U.S. Air Force in Iran! I can't believe it," exclaimed one woman after reading the uniform nametape. Many Iranians spoke English and those who couldn't, communicated with smiles and friendly gestures to express their thanks. Staff Sgt. Justin Jackson, a Farsi linguist who deployed to Southwest Asia, helped smooth out gaps in the communication process.

The team said there was a buzz of excitement in the crowded airport as the airmen worked logistical issues with relief officials, worked media issues with international reporters, and ensured Air Force aircraft had a place to park when they arrived.

The airport doubled as a triage area for patients brought from Bam to be stabilized before being flown to Tehran.

"Who knows what family may survive

because there are blankets, water and medical supplies available thanks to our Air Force team," General Baker said.

"I was really amazed how friendly and how positive they were to Americans in general," said Master Sgt. John Brook, deployed to the 379th Expeditionary Communications Squadron in Southwest Asia. "I'm just really happy to be able to help them out."

Sergeant Brook maintained reach-back capability with satellite phones so the team could stay in contact with the Combined Air Operations Center, which was managing the Air Force's operation.

According to the team, their Iranian hosts gave the Americans a very warm reception and worked very hard trying to keep up with the massive outpouring of support from the international community. What they lacked in technology, they made up for in determination.

"As a logistician, I was very impressed with their capabilities. If they didn't have [cargo] handling equipment, they brought in people to move the humanitarian supplies," said Colonel Klassen of the Combined Air Operations Center.

"We brought some great teams in to respond to the crisis and represented the U.S. in a very positive fashion," Colonel Klassen added.

"The compassion and concern our crews showed for the Iranian people is both obvious and genuine," said General Baker. "Our actions clearly represent what is good about the United States."

(Capt. Sabula is currently deployed to U.S. Central Air Forces Forward Public Affairs.)

RESCON CORNER

	<u>DUIs</u>	<u>Major Vehicle Accidents</u>
Week	2	1
28 days	4	3
Year	4	

0 : Injuries from accidents this week

The 31st Fighter Wing has experienced four DUIs in the past four weeks. Because of these DUIs the wing is in RESCON Charlie.

Two of the measures enforced are.

- Squadron/flight recall after each DUI on the weekend day after a DUI; squadron/flight telephonic recall for causal MVA/Is.

- Squadron commander, deputy (minimum of section chief/flt cc) will brief traffic safety weekly.

For more information on the measures check out the good to know box on the front page or look on the Aviano Intranet homepage.

Sortie Board

	<i>31st FW</i>		<i>510th FS</i>		<i>555th FS</i>	
	<i>Hours</i>	<i>Sorties</i>	<i>Hours</i>	<i>Sorties</i>	<i>Hours</i>	<i>Sorties</i>
<i>Goal</i>	136.4	91	75.5	70	60.9	42
<i>Ahead/</i>						
<i>Behind</i>	+284.1	+31	+264.3	+21	+19.8	+10

USAFE Combat Education

Interested in a degree?

We can help you!

Contact Aviano's Combat
Education Center at Ext. 5330!

Practical tips

A Practical Tips For Weekend Trips class is 8:30 a.m. to noon Monday at the family support center. The instructor provides a Power Point presentation and a bit of history on various locations during the class. Call Ext. 5407 for more information.

Tips for Venice

A Practical Tips for Venice class is 8:30 a.m. to noon Tuesday at the family support center. The class can help people make the most of their Venice trip. Call Ext. 5407 for more information.

Anger Management

Don't let anger get in your way at work or home. A three-session Thursday night class series is 6 to 8 p.m. starting Thursday in the group room in Building 103. Call Ext. 5667 to register.

Bundles for babies

A workshop for expecting active duty members or their spouses is scheduled 10 a.m. to noon Thursday at the family support center. Get basic budgeting, savings plan for the baby and advice from experts from various agencies such as Life Skills, Family Advocacy and others. Call ext. 5407 for more information.

Dress for success for women

Find out what it takes to dress for success in this brand new workshop, in collaboration with AAFES, 9 to 11 a.m. Jan. 21 at the base

exchange. Topics will include colors, style and accessories.

Pre-deployment briefing

Those deploying soon who want to be proactive can call the family support center at Ext. 5407 to sign up for a Pre-Deployment Briefing 9 a.m. Wednesdays except for holidays, down days and base exercises.

Reunion briefing

Post deployment/in processing briefings are presented Mondays at 10 a.m. at the family support center. Spouses are highly encouraged to attend. The presentation can be arranged at the squadron level for entire units returning from deployment. Call Ext 5663 for more information.

Wednesday Play Day

Come and join other parents with preschool-age children, toddlers, and infants at Area D's lodge from 10 a.m. to noon. The group meets every Wednesday except on holidays.

Wee Ones Thursday Playgroup

There is a playgroup for parents and little ones age 18 months and younger, from 10:30 a.m. to noon Thursdays in the building behind the CDC and Building 168 in Area One. Check the display case in the post office for a weekly schedule.

Walkers and Talkers Playgroup

A playgroup for parents and their children 18 to 30 months of age. Meets from 10 to 11:30 a.m. Thursdays downstairs in Building 103.

Spousal Support

Spouses of deployed Aviano members can join a weekly group. There are also options for one-on-one service. For more information or to join call Marian Avoy at Ext. 5667.

PCS advice

Aviano members preparing to move or PCS soon can get help from the family support center to gather important information about their new base. Base brochures, videos and loan center items to use while waiting for household goods shipment are available for check out. Call Ext. 5407 for more information.

Free childcare for PCS

Those ready to PCS or who have just arrived with a child at least one year of age, are entitled to free childcare. The Childcare for PCS Certificate is good for 60 days prior to leaving and 60 days after arriving at a new duty station. Call Ext. 5407 for more information.

Oil change and safety check

Spouses of Air Force members who are deployed more than 30 days are eligible to receive a free oil change and safety check for their primary vehicle. Take a copy of the member's orders to the family support center and receive a certificate good at the Auto Skills Center. Certificates must be used within one month of the date of issue. Call Ext 5407 for more information.

Employment opportunities

Aviano schools have positions open for school bus safety and security attendants. The job involves working the hours of school bus transportation, before and after school. Applicants must have U.S. citizenship. The work schedule closely follows the school schedule. Application packets are available at the civilian personnel office in Aviano.

Education Center

The Aviano Education Center is seeking qualified instructors. While there are various requirements depending on the school, in general, a faculty member must have a Master's Degree in the discipline to be taught or extensive professional experience. For more information contact Alfredo Calderon at the education center, Exts. 5331 and 5162.

American Red Cross

The American Red Cross is seeking a self motivated field office assistant to provide administrative support for its Aviano office. Qualified applicants must have strong computer skills and flexibility. An associate degree or equivalent knowledge and work experience is preferred. To apply, visit the Career Center at www.redcross.org, create a profile and submit your resume electronically.

Reel Times

Here's what's playing this week at the Aviano Base Theater.

Today – 5 p.m. “Cat in the Hat” Rated PG

Two kids are entertained by a cat. Starring: Mike Myers and Kelly Preston.

Today – 8 p.m. “Kill Bill” Rated R

Bride hunts down and kills assassins. Starring: Uma Thurman and David Carradine.

Saturday – 2 p.m. “Cat in the Hat” Rated PG

Saturday – 7 p.m. “Kill Bill” Rated R

Sunday – 2 p.m. “The Cat in the Hat” Rated PG

7 p.m. “Texas Chainsaw Massacre” Rated R

Five people encounter a chainsaw-wielding maniac. Starring: Jessica Biel and Jonathan Tucker

Monday and Tuesday – Closed

Wednesday – 7 p.m. “The Haunted Mansion” Rated PG-13

The Evers family is stranded in an old mansion with 999 creepy ghosts. Starring: Eddie Murphy and Jennifer Tilly.

Thursday – 11:30 a.m. “Jimmy Neutron Boy Genius” Rated PG \$1 children's movie matinee

Thursday – 7 p.m. “Texas Chainsaw Massacre” Rated R

Jan. 16 – 5 p.m. “The Haunted Mansion” Rated PG-13

Jan 16 – 8 p.m. “Scary Movie 3” Rated PG-13

Cindy helps the President of the United States prevent an alien invasion. Starring: Anna Faris and Charlie Sheen.



Boogie night

Members of the Aviano community practice their dancing skills at the 31st Fighter Wing New Year's party at the Bella Vista Club.

Senior Airman Priscilla Robinson

Sure Start

Aviano Sure Start is accepting applications for this current school year 2003/04 to fill vacancies that occurred during the year. The child must be born between Nov. 1, 1998 and Oct. 31, 1999 and must be a dependent of a sponsor who is E-1 to E-4. For more information or to fill out an application form parents can go to the Aviano Elementary School office.

Aviano Scrapbooking

The Aviano Scrapbooking Group is looking for people in the local area who like to scrapbook or are interested in learning. For more information, call Amy Tolar at 0434-920717 after 6 p.m.

Airman's Attic

The Aviano Airman's Attic provides houseware, books, electrical items, clothing, baby items and some furniture to all staff sergeants and below and their families attached to the Aviano area. It is located directly across from the Global Credit Union in the Flightline Area. The Attic is open 6 to 8 p.m. Wednesdays and 11 a.m. to 2 p.m. Saturdays. Donations are accepted from all ranks during opening times or by special arrangement with Senior Master Sgt. Kurt Rice at Ext. 7537.

WIC Overseas

The WIC Overseas office offers nutrition guidance and nutritious supplemental foods for families with children under the age of 5, and for pregnant, postpartum, and breastfeeding women. For more information or to schedule an appointment, call Ext. 7473.

Financial counseling

The Aviano Family Support Center provides one-on-one financial counseling. For more information, call Ext. 5407.

Marriage information

The Aviano Family Support Center can assist people with filing their marriage paperwork and arranging downtown appointments. The staff also has volunteer translators to assist members file their paperwork downtown. For more information, call Ext. 5407.

Chapel times

The following services are offered at the base chapel in Area One:

Islamic Juma'ah prayer is noon Fridays at the Flightline chapel annex.

Catholic Mass is 5:30 p.m. Saturdays, 8:30 a.m. and 11:30 a.m. Sundays.

Reconciliation is 4:30 to 5 p.m. Saturdays.

Traditional Protestant service is 10 a.m. Sundays.

Inspirational Gospel praise service is 1 p.m. Sundays.

Church of Christ service is 4 p.m. Sundays.

Church of God service is 6 p.m. Sundays.

Seventh Day Adventist worships 11 a.m. Saturdays.

Religious education

Catholic RE is 9:45 to 11 a.m. Sundays in Bldg. 168.

Protestant RE is 11:15 a.m. to 12:15 p.m. Sundays in Bldg. 168.

Singles Bible study is 6:45 p.m. Fridays in Bldg. 258 Area Two.

Fellowship supper and study

Fellowship supper and study offers a chance for families to get together, have food and a group bible study. Catholic meetings are 5:30 to 7 p.m. the fourth Monday of each month. Gospel meetings are 5:30 to 7 p.m. Tuesdays, and Protestant meetings are 5:30 to 7 p.m. Wednesdays.

Vineyard Christian Fellowship

The Vineyard Christian Fellowship meets 11 a.m. Sundays at via Sacile 14 in Aviano. For more information, call 0434-918-653.

Aviano Baptist Church

The Aviano Baptist Church meets 8:30 to 11 a.m. and 6 p.m. Sundays at the corner of via Mazzini and via Nardo in Aviano. Sunday school is 9:45 a.m. Sundays and 6 p.m. Wednesdays. For more information, call 0434-651910.

Calvary Baptist Church

The Calvary Baptist Church meets 11 a.m. and 6 p.m. Sundays in Aviano at via Ellero 5. Sunday school is 9:45 a.m. and 7 p.m. Wednesdays, and the Awana program meets 9:45 a.m. and 7 p.m. Fridays. For more information, call 0434-565463 or 0348-4412660.

Church of God

Pastor Gary Jenkins holds Sunday school at 4:30 p.m. Sunday, and Sunday Night Live at 6 p.m. at the base chapel. For more information, call 0434-735298.

Church of Jesus Christ of LDS

The Church of Jesus Christ of Latter Day Saints worships 9 a.m. to noon Sundays in Pordenone at via San Quirino 62. Men, women, young adults, youth and children's programs are offered in Italian and English during the week. For more information, call Maj. Charles Houlding at Ext. 4068 or 4852.

Serenissima Church

Pastor Rob Krause holds an Italian and English worship service 10 a.m. to noon Sundays at the Theater Zancanaro in Sacile. Small groups meet throughout the week in many local communities. For more information, call 0434-738270.

Protect against severe flu season

By Tech. Sgt. Dana Pecor
31st Medical Support Squadron

The influenza season is here. The 2003-2004 season has gotten off to an early start and could be worse than the past few years in terms of numbers infected and severity.

The flu shot is required for members on active duty. However, it is also important that members of certain high-risk groups (small children, persons with chronic illness, pregnant persons, and the elderly) get vaccinated. Anyone can get the flu, but the disease may be more severe for these people. Most people who get influenza will recover in one or two weeks, but some will develop life-threatening complications (such as pneumonia) as a result of the flu. Typically 36,000 people die each year in the United States due to complications.

The best way to be protected is to get a flu vaccination. In 80 percent of cases so far this year, the strain of influenza has been different from that in the vaccine. Since the strain has not been widespread in the past, more people are susceptible to it, which makes getting the shot more important than ever. Because of the differences in this strain, the shot may not prevent everyone from getting the flu, but it is still expected to decrease the likelihood of a severe, life-threatening case.

The flu is different from a cold. Influenza usually comes on suddenly and may include the following symptoms: fever, headache, fatigue, dry cough, sore throat, nasal congestion, body aches. Flu is spread when a person who has the flu coughs, sneezes, or speaks, and then spreads it to others who inhale the virus. Influenza may also be spread when a person touches a surface that has flu viruses on it and then touches his nose or mouth, but this occurs less often. Symptoms start one to four days after the virus enters the body. Some ways to prevent the spread of flu is through

vaccination and proper hand washing. If members have a fever equal or greater than 100.5°F (38°C) and a cough or sore throat their doctor will order a culture to determine if members actually have the flu, and if so, what strain. This data will be used to develop next year's vaccine.

There has already been confirmed cases of the flu here this season, but while many areas of the United States have run out of flu vaccine, Aviano still has enough to vaccinate all of our active duty and high-risk individuals. Below is a simplified list of our vaccination priorities:

Priority 1: Active Duty members who are deployed or within 2 weeks of deploying

Priority 2: Civilian and active duty personnel with high risk conditions:

- Healthy children age 6 months to 2 years (all children will require 2 shots if not previously vaccinated for the flu)
- Persons age 65 years of age and older
- Adults and children with lung, heart or kidney disease, including asthma
- Adults and children who have required regular medical follow-up or hospitalization during the preceding year for chronic metabolic diseases (including diabetes mellitus), hemoglobinopathies (like sickle cell disease), or immunosuppression (including HIV)

• Women in the second or third trimester of pregnancy; pregnant women with medical conditions that increase their risk regardless of stage of pregnancy

• Children and teenagers who are receiving long-term aspirin therapy

Priority 3: Health care workers and close contacts of high risk personnel

Priority 4: All other military members (including Guard and Reservists in active status)

Priority 5: All other beneficiaries

Please report to the PCM Team or the Immunization Clinic for a vaccination. Direct any questions to Public Health at Ext. 5242.

Winter safety tips

Winterize vehicle

- Avoid automobile gas line freeze ups, keep the tank more than half full.
- Make sure car has adequate anti-freeze.
- Make sure tires have good traction and are inflated to the right pressure.
- Make sure heater and defroster work properly.
- Make sure battery is not more than three years old and carries a full charge.
- Make sure to have an ice scraper.

Have a winter safety kit

- Blankets and a bright piece of cloth to tie on antenna if stranded.
- Flashlight with spare batteries
- Extra change of clothing to keep dry.
- Non-perishable foods or high calorie food.
- A can and waterproof matches to melt snow for drinking water.
- A compass, shovel and sand, tow rope and jumper cables.

If you become stranded in a vehicle during a winter storm:

- Stay in the car, truck, or minivan.
- Run the engine at 10 minute intervals for heat.
- Maintain proper ventilation, make sure the exhaust pipe is not plugged.
- Leave the windows open slightly to avoid carbon monoxide poisoning.
- Be visible to rescuers. Tie a bright cloth to antenna or door handle.
- Turn on the dome light at night, but only when running the engine.

(Courtesy of the National Weather Service)

National Drunk and Drugged Driving Prevention

By George W. Bush

President of the United States of America

A Proclamation:
Last year, more than 17,000 people were killed and 258,000 more were injured in alcohol-related crashes. Such accidents cause unnecessary suffering, loss of life, and expense. During National Drunk and Drugged Driving Prevention Month, we continue our efforts to stop impaired driving and improve the safety of our roads during the holiday season and throughout the year.

We are enhancing both the education of our citizens about the dangers of driving while under the influence and our methods for keeping impaired drivers off the road. My Administration is helping in this fight by supporting the enforcement of traffic programs that teach Americans about the risks of impaired driving. Earlier this year, my Administration proposed to the Congress the Safe, Accountable, Flexible, and Efficient Transportation Equity Act of 2003 (SAFETEA), which would elevate safe transportation to a national priority and increase State resources for existing

enforcement and education efforts. While Federal help and funding are important, State and local involvement is also critical. As part of the Department of Transportation's National Highway Traffic Safety Administration's "You Drink & Drive. You Lose." national campaign, from December 19, 2003, through January 4, 2004, more than 10,000 law enforcement agencies will join forces with community, health, government, and business organizations to demonstrate that impaired driving is unacceptable and unlawful.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim December 2003 as National Drunk and Drugged Driving Prevention Month. I encourage all Americans to join the "You Drink & Drive. You Lose." national campaign to protect our citizens from impaired drivers.

IN WITNESS WHEREOF, I have hereunto set my hand this eighth day of December, in the year of our Lord two thousand three, and of the Independence of the United States of America the two hundred and twenty-eighth.

ALS grads ready to supervise

Congratulations to Aviano Airman Leadership School graduates of class 04-A. Airman Leadership School is the first step of professional military education for the Air Force's enlisted corps. Senior airmen and staff sergeant selects must complete this 24-day course in order to obtain the title "supervisor."

The John Levitow Award

Senior Airman Tyler Lanham, 31st Security Forces Squadron

The Leadership Award

Senior Airman Robert Kuhn, 31st Aircraft Maintenance Squadron

The Academic Award

Senior Airman Robert Huston, 721st Air Mobility Group

Distinguished Graduates:

Senior Airman Mark Eilerman, 31st Aircraft Maintenance Squadron

Senior Airman Michael Hearn, 31st Civil Engineer Squadron

Senior Airman Robert W. Huston, 721st Air Mobility Operations Group

Graduates of Class 04-A:

31st Aircraft Maintenance Squadron:

Senior Airman Bryan J. Lynch

Senior Airman Jonathan B. McInnis

Senior Airman Mark A. Eilerman

Senior Airman Robert C. Kuhn

Senior Airman Robert Reed

31st Civil Engineer Squadron:

Senior Airman Douglas E. Frey

Senior Airman Michael A. Hearn

Senior Airman Nicholas Alessi

31st Comptroller Squadron

Senior Airman Tajhon A. Hudson

31st Communications Squadron:

Senior Airman Jennifer R. Mulberry

Senior Airman Everton R. Hixson

31st Logistics Readiness Squadron:

Senior Airman Christopher M. Vreeland

Senior Airman Reginald T. Ester

Senior Airman Richard I. Bolland

31st Medical Operations Squadron:

Staff Sgt. Jamie L. Sheridan

31st Maintenance Squadron:

Senior Airman Michael J. Pearce

Senior Airman Christian D. OBrien

Senior Airman Patrick K. McManaman

Senior Airman Stephanie L. Martinez

Senior Airman Eric A. Liebert

Senior Airman Jason A. Hutcherson

Senior Airman Colin B. George

Senior Airman Jesse L. Cohen

Senior Airman Fernando X. Burgosortiz

31st Security Forces Squadron:

Senior Airman Kristina C. Lyttle

Senior Airman Tyler A. Lanham

603rd Air Control Squadron

Senior Airman Andrew T. McLaughlin

Senior Airman Jill M. Hofstetter

721st Air Mobility Operations Group, Det 3

Senior Airman Kelly S. Lauderbaugh

Senior Airman Robert W. Huston

725th Air Mobility Squadron, Rota Naval Station, Spain:

Senior Airman Joshua Hollingshead

Senior Airman Cory L. Galler

Senior Airman Louie G. Caday Jr.

Mission support squadron Det. 2, Naples, Italy

Senior Airman Micheal Clunn

831st Munitions Squadron, Ghedi, Italy:

Senior Airman Timothy S. Ogan

Senior Airman Ryan P. Burke

Staff Sgt. Katrisha B. Arambul

31st Munitions Squadron, Livorno, Italy

Senior Airman Jonathon D. Carney

31st Mission Support Squadron

Senior Airman Simone G. Macklin

31st Dental Squadron

Senior Airman Cynthia Cancienne

NCO academy grads return

Congratulations to Aviano non-commissioned officers who recently graduated from the Kisling NCO Academy at Kapaun Air Station, Germany. The Academy provides professional military education to NCOs through instruction and example in order for them to better accomplish the Air Force mission

John Levitow Honor Graduate:

Tech. Sgt. Maria T. Wirhouski, 31st Contracting Squadron

Aviano NCO Academy Graduates:

31st Aircraft Maintenance Squadron

Tech. Sgt. Jeffrey A. Coon

Tech. Sgt. John M. Cosenza

Tech. Sgt. Thomas J. Belle-Isle

Tech. Sgt. Michael A. Bennett

31st Civil Engineer Squadron

Tech. Sgt. Troy D. Smith

31st Communications Squadron

Tech. Sgt. Michael J. Deans

31st Contracting Squadron

Tech. Sgt. Maria T. Wirhouski

31st Logistics Readiness Squadron

Tech. Sgt. Lajuana M. Fields

Tech. Sgt. Jack A. Fox

31st Maintenance Squadron

Tech. Sgt. Gary L. Williamson

Tech. Sgt. Gerald M. Lemmerman

31st Operations Support Squadron

Tech. Sgt. Steven T. Mariz

603rd Air Control Squadron

Tech. Sgt. Mario R. Smallwood

Tech. Sgt. Thomas B. Wingard



Lead in drinking water dangerous if ignored

Hot water, water sitting in the pipes can allow levels to increase

By Capt. Michael J. Fea

31st Aerospace Medical Squadron,
Bioenvironmental Engineering Flight

Aviano Air Base recently completed a series of tests sampling the drinking water for lead. The sampling indicated areas on base were at risk to exceed the established lead action level. This quarterly sampling event is required by the Italian Final Governing Standard (which mirrors the Environmental Protection Agency's Safe Drinking Water Act in the United States) as part of the federal Safe Drinking Water Program.

Why is lead a problem?

Lead is a common metal, used in many consumer products. It can be found in lead-based paint, air, soil, household dust, food, some types of pottery, and water. If it is inhaled or swallowed, lead can build up in your body over time.

Infants, children, and pregnant women are especially vulnerable.

Amounts of lead that won't hurt an adult can be very harmful to a child. Smaller bodies can absorb lead more rapidly than bigger ones. A child's mental and physical growth can be permanently harmed by too much lead.

Drinking water is not our only source of lead exposure. However, it can be a special problem for infants, whose diets may be mostly liquids mixed with water—like baby formulas or concentrated juices.

How does lead get into my drinking water and what can I do about it?

Usually, lead gets into your water after it leaves a local treatment plant. Water can absorb lead from lead pipes or solder in your household plumbing as well as from brass fixtures. The longer the water stands idle in the pipes, the more lead it can absorb.

Don't drink or cook with water that has been in the plumbing for more than six hours—overnight, for example, or while at work.

Let it run! You can clear the water out of your pipes by letting the cold water faucet run until you feel the water get colder—usually 30 to 60 seconds. This must be done before taking drinking water from any faucet in your house. The Bioenvironmental Engineering Flight has analytically determined

that letting the water run for one minute will reduce lead to acceptable levels.

The water cleared from the faucet does not have to be wasted. You can use it for washing dishes or watering plants. Drinking water can also be kept in a container in the refrigerator, so the water doesn't have to be run every time it is needed.

Hot water dissolves lead more quickly than cold water; so don't use water from a hot water faucet for cooking or drinking. If hot water is needed for cooking or drinking, take water from the cold tap and heat it. It is especially important not to use the hot water for making baby formula.

Will water treatment devices help?

Some treatment devices can reduce the amount of lead in your drinking water. Reverse-osmosis and distillation units can be used for that purpose.

A few types of water filters also remove lead. Check the product literature to be sure the National Sanitation Foundation for lead removal has certified it.

For more information, call Bioenvironmental Engineering at Ext. 5532.

Why are lead levels important?

The long-term health effects of lead can be severe. They include decreased growth, hyperactivity, impaired hearing, and even brain damage. If caught early, these effects can be limited by reducing the exposure to lead and by medical care.

Once in the body, lead is distributed via the bloodstream to other parts of the body. Lead concentrates in the bones to a much greater extent than anywhere else.

Lead also accumulates in the liver and kidneys more than other soft organs.

Although lead is stored primarily in the bones, it is particularly toxic to the reproductive system, the nervous system, the blood and the kidneys. (yosemite.epa.gov)

TRICARE Benefit for Dependent Parents Limited

By Amy J. Houchens

TRICARE Medical Service
Coordinator

Dependent parents or parent-in-laws who reside with their active duty or retired military sponsors in Europe may use Military Treatment Facilities on a space available basis, but their TRICARE benefits are limited to the Senior Pharmacy Program.

While dependent parents are entitled to direct care in the military system if space is available, they are not eligible for TRICARE Prime, Standard, Extra, or TRICARE For Life. Congress mandates this policy. TRICARE Plus is not available to dependent parents overseas, although it is an option at many stateside MTFs.

"Sometimes dependent parents come to Europe with the expectation that all of their care will be provided at the local MTF, but if the MTF can't treat them they will have

to get their care on the economy" said Navy Cdr. Steve Keener, Director of TRICARE Europe Regional Operations.

Providers at military hospitals try to see as many patients as possible, but increased operations tempo and heavy deployment loads has led to limited space availability Europe-wide. If dependent parents are referred to host nation providers for care and do not have private health insurance, they will have to pay for this civilian care out-of-pocket.

"We recommend that dependent parents or parent-in-laws have private health insurance before they come overseas," Commander Keener said, "The cost of health care received on the economy can be very high."

Although dependent parents and parents-in-law are not eligible for TRICARE, they may be eligible for the TRICARE Senior Pharmacy Program. To be eligible for the TRICARE Senior

Pharmacy Program, parents and parents-in-law must first meet the uniformed service's requirements to be considered a dependent of an active duty or retired uniformed services sponsor and must be 65 years of age or older. They must also enroll in the Defense Enrollment Eligibility Reporting System (DEERS) and be entitled to Medicare Part A. If they turn 65 on or after April 1, 2001, they also need to purchase Medicare Part B.

Dependent parents and parents-in-law who are under the age of 65, or those over age 65 who do not meet the Medicare requirements may continue to use military treatment facility pharmacy services on a space available basis. DEERS enrollment can be accomplished at the nearest military ID card issuing facility.

For more information about dependent parent or parent-in-law health care coverage, Please contact the local TRICARE office at 0434-66-5133/5411.



Photos by Senior Airman Priscilla Robinson

Delicious dish

Chief Master Sgt. Gregory Smith, 31st Mission Support Group, and Chief Master Sgt. Curtis Walker, 31st Civil Engineer Squadron, serve up some holiday cheer and holiday food at the Dolomiti Dining Facility's Christmas dinner.



What's the frequency?

Staff Sgt. Daniel Crossdale, 603rd Air Control Squadron and Darryl Collins, 31st Fighter Wing Protocol Office sample tunes at the base New Year's Eve party.



Party like it's 2003

Two Aviano members dance the night away at the base New Year's Eve party.

WEEK in PHOTOS

A brief look at Aviano Air Base



Aww crud

Brig. Gen. Mike Worden, 31st Fighter Wing commander, hits the crud table with a less seasoned competitor.



Staff Sgt. Kristin Kowalski

Bombs away

Staff Sgt. Manuel Lopez and Senior Airmen Ricardo Quilintang, 31st Munitions Squadron, Camp Darby, Italy, re-band several crates of MK-82 bomb fins after performing periodic inspections Dec. 16.

Ghedi Air Base captain awarded Bronze Star

By 2nd Lt. Lea Ann Chambers
31st Fighter Wing Public Affairs

Capt. Jose Rivas, 831st Munitions Squadron, Ghedi Air Base, Italy, was presented with the Bronze Star by Lt. Gen. Arthur J. Lichte, U.S. Air Forces in Europe vice commander Dec. 10.

Rivas was awarded the Bronze Star for meritorious achievement as the operations officer of the 332nd Expeditionary Security Forces Squadron and as chief, force protection and executive officer of the 407th Air Expeditionary Group engaged in ground operations at Al Jaber AB, Kuwait and Tallil AB, Iraq from July 28, 2002 to June 1, 2003.

"I was one of 13 permanent-party personnel at Al Jaber when I got there. I knew we had to send people [to Tallil] so I was ready to go when they forward deployed me there," said Capt. Rivas.

Rivas, a 1998 graduate of the University of Michigan's Reserve Officer Training Corp program, was commended on his support of Operations Southern Watch, Enduring Freedom, Iraqi Freedom and Brave Heart. Nine days after the war in Iraq began, Captain Rivas was in charge of Air Force security operations at Tallil, which included the initial security detail for A-10 and HH-60 operations.

"Our initial job was to provide security for the convoys, which was high profile, because there was no other Air Force convoy but ours," said Captain Rivas. "We moved fuel trucks, fire trucks and all the other initial airfield equipment needed to set up a base at Tallil."

As operations officer Captain Rivas oversaw 359 Air Force security forces and

Marine Corps military police who secured \$3 billion worth of wartime assets and 8,000 coalition forces.

"It was interesting to work with the Marines and at first a little difficult, but it really developed into a good working relationship," said Captain Rivas. "We came together to secure our shared assets."

As security chief in support of Operation Brave Heart, Captain Rivas established host nation relations with the Jordanian Ministry of Defense during a site survey to find suitable forward operating bases in the region. Captain Rivas was in charge of providing security for the 80 person detail

visiting Azraq, Jordan.

"Rivas is a warrior. He made an immediate, positive impact on our unity, and he continues to make us better everyday," said Lt. Col. Charles Cunningham, 831st MUNNS commander.

Captain Rivas credits his deployment experience with a great deal of his professional and personal growth.

"It was one of the best and most challenging experiences of my life," said the Tuscon, Ariz. native. "I learned more than I ever will in that amount of time ever again. I got to see the buildup, execution of a war, and the set-up of a base all within a year."



courtesy photo

Capt. Jose Rivas, 831st MUNNS, Ghedi Air Base, Italy, is pinned with the Bronze Star by Lt. Gen. Arthur Lichte, U.S. Air Forces in Europe vice commander in a ceremony Dec. 10 at Ghedi.

Kudos

"Chief Master Sgt. Daniel Gill, 31st Fighter Wing command chief master sergeant presented a command chief master sergeant coin to Senior Airman Jennifer Molina, 31st Civil Engineer Squadron Dec. 19. She is vice president of the Air Force Sergeant's Association, Aviano Chapter, and on the Aviano Honor Guard just to name two of her many accomplishments. Senior Airmen Molina is very deserving of this recognition."

- Master Sgt. Tony Legree, 31st Civil Engineer Squadron

The 31st Fighter Wing Safety Office garnered five U.S. Air Forces in Europe nominations this year for the Air Force Safety Awards.

- Air Force Chief of Safety Aircrew Distinction Award: Capt. Curtis L. Pitts and Capt. Michael C. Rasbach, 31st FW
- Air Force Chief of Safety Special Achievement Award: 31st FW
- Air Force Explosive Safety Outstanding Achievement Award: Staff Sgt. Stephen S. Straley, 31st FW
- Flight Safety Plaque: 510th Fighter Squadron
- Explosive Safety Plaque: 31st FW

New to the Blue

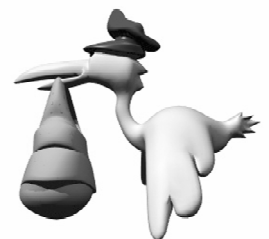
Angela Primmer was born Nov. 24 to Gemma and Staff Sgt. Michael Primmer, 31st Aircraft Maintenance Squadron, and brother Marcus, 1.

Nathan St. Hilaire was born Nov. 17 to Rachael and Airmen 1st Class Vincent St. Hilaire, 31st Logistics Readiness Squadron.

Brycen Tyler Couser was born Dec. 1 to Staff Sgt. Amy Couser, 31st Maintenance Group, and Staff Sgt. Joseph Couser, 31st Aerospace Medicine Squadron.

Trevor Dean Meyer was born Nov. 19 to Cynthia and 2nd Lt. Adrian Meyer, 31st Aircraft Maintenance Squadron and brothers Brett, 11 and Jordan, 6.

Aaron Jacob Fuller was born Nov. 18 to Shannon and Staff Sgt. Eric Fuller, 31st Maintenance Squadron, and brother Zachery, 4.



FDA, AF medical service officials issue combined ephedra diet supplement alert

By G.W. Pomeroy

Air Force Surgeon General

Public Affairs

Following an FDA alert, Air Force Medical Service officials are once again "strongly advising" airmen to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Food and Drug Administration officials have issued a consumer alert on the safety of dietary supplements containing ephedra that calls for consumers to immediately stop buying and using ephedra products.

Besides issuing an alert, FDA officials are notifying manufacturers that they intend to publish a final rule stating dietary supplements containing ephedrine alkaloids present an unreasonable risk of illness or injury. The rule would have the effect of banning the sale of these products as soon as it becomes effective, 60 days after publication.

"FDA will publish a final rule as soon as possible that will formalize its conclusions that dietary supplements containing ephedrine alkaloids present unreasonable risks to those who take them for any reason," said Tommy G. Thompson, health and human services secretary.

"[The action] puts companies on notice



of our intentions, and it tells consumers that the time to stop using ephedra products is now," Mr. Thompson said.

"We are taking action today to notify Americans about the unreasonable risk of ephedra as currently marketed in dietary supplements," said Dr. Mark B. McClellan, FDA commissioner.

"Our action is based on diligent and thorough work by the agency as required by the challenging legal standard in the dietary supplement law.

"We worked hard to obtain and review all the available evidence about the risks and benefits of ephedra, including its pharmacology, studies of ephedra's safety and effectiveness, adverse event reports, and reviews by independent experts," Dr. McClellan said.

In February, a jury in Austin, Texas, determined that ephedra use was at least 50-percent to blame for the death of a 24-year-old Charles Bryant Scurlock II, of Round Rock, Texas.

Mr. Scurlock collapsed and later died after a two-mile run for an Army National Guard physical fitness test in 1999. The jury awarded \$1 million to the plaintiffs.

In September 2002, the Air Force surgeon general issued a revised policy covering dietary supplements containing ephedra that strongly discouraged the use of such supplements and highlighted associated risk factors.

In November 2002, the Air Force's surgeon general issued a notice to airmen on the potential risks associated with dietary supplements containing ephedra, following the death of a young airman.

These medical notices are released by the AFMS clinical quality management division to disseminate lessons learned from medical incident investigations and other pertinent events. (AFPN)

Sports Briefs

Fitness center January schedule: Mondays

5:30 to 6:30 a.m. No Mercy — endurance exercises, upper-body challenge. Hardcore and hard body — no whining!

11:30 a.m. to 12:15 p.m. Top 40 Spin — new energetic spin class building endurance and strength.

12:30 to 1:30 p.m. Mind Body Balance — A mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

5 to 6 p.m. Fit -N- Fun — Get back in shape with circuit training and floor exercises. Beginners — start here!

6:15 to 7 p.m. Indoor Cycling — Group cycling class, you control the resistance.

7 to 8 p.m. Kickboxing — High energy kicking and punching combination with cardio aerobics.

Tuesdays

5:30 to 6:15 a.m. Espresso Spin — Wake up with a challenging and fun group cycling class, self-paced and non-impact.

9 to 10 a.m. Step 4 Fun — Smooth and fun integration of hi/lo step aerobics for every fitness level.

11 a.m. to noon 20/20/20 — 20 minutes of step, 20 minutes of kickboxing, 20 minutes of power stretch — great mix!

5:30 to 6:30 p.m. Spin Mania — Group cycling class, challenging and fun! Builds strength and endurance at your level.

7 to 8 p.m. Mind Body Balance — A mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

Wednesdays

5:30 to 6:30 a.m. Circuit Training — A great mix of aerobic and anaerobic stations for building all-around fitness.

11:30 a.m. to 12:15 p.m. Rock -N-Ride — Challenging and fun group cycling class — great interval workout!

12:30 to 1:30 p.m. Mind Body Balance — A mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

5 to 6 p.m. Circuit Training — Get back in shape with circuit training and floor exercises.

6:15 to 7 p.m. Indoor Cycling — Group cycling class, you control the resistance.

Thursdays

5:30 to 6:15 a.m. Espresso Spin — Wake up with a challenging and fun group cycling

class self-paced and non-impact.

11 a.m. to noon — 30-30 Pump it with 30 min of Kickboxing, and then wind down with yoga/stretch techniques.

4:30 to 5:30 p.m. Work-it Circuit — Step aerobics as the basis while incorporating strength and resistance exercises.

5:30 to 6:30 p.m. Spin Mania — Group cycling class that's challenging and fun. Builds strength and endurance at your level.

7 to 8 p.m. Mind Body Balance — a mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

Fridays

5:30 to 6:30 a.m. Resistance Training — Firm and tone, get strong and lean with various bands, bars, and weights.

11:30 a.m. to 12:15 p.m. Rock -N-Ride — Challenging and fun group cycling class — great interval workout.

4 to 5 p.m. No Mercy — Endurance exercises and upper-body challenge. Hardcore and hard body. No whining!

5:15 to 6:15 p.m. Steppin' Up — Intermediate level aerobic step class; energetic moves strengthen muscle and heart.